



THE CITY OF
COLUMBUS
ANDREW J. GINTHER, MAYOR
RECREATION AND PARKS
DEPARTMENT

50+ Recreation August 2018

Our mission is to enrich the lives of our citizens. ISSUE 8

www.ColumbusRecParks.com

Rhythm on the River

Come to Bicentennial Park to enjoy these free performances.

Coco Montoya with Hadden Sayers Band

Friday, August 3 7:30 pm

The old Willie Dixon adage, "blues is truth," perfectly describes the searing, contemporary blues-rock of world-renowned guitarist and vocalist **Coco Montoya**. Taught by the "Master of the Telecaster," Albert Collins, but with a hard-edged sound and style all his own, Montoya mixes his forceful, melodic guitar playing and passionate vocals with memorable songs, delivering the blues' hardest truths.

BalletMet

Friday, August 31 8 pm

Join **BalletMet** (<https://www.balletmet.org/>) for an evening of inspiration alfresco. This co-production with the Columbus Recreation and Parks Department will celebrate the past, present and future of BalletMet. With the backdrop of the city, enjoy some of the most iconic moments from BalletMet's upcoming season, packed with company and world premieres and featuring cutting-edge works.

For more information, check out SciotMile.com.

Golden Hobby Shop

630 S. Third St. in German Village
Columbus, Ohio 43206
Phone 614-645-8329

Shop Hours of Operation: Tuesday- Saturday
10 am – 5 pm
Free parking

Great new things at the Golden Hobby Gift Shop in August! By mid-month, we'll be featuring fresh and fun items for Fall, Halloween and Thanksgiving. Come see us for inexpensive, hand-crafted and unique treasures for doors, porches, yards and tabletops.

We're also continuing our Second Saturday free Make It Take It craft classes for kids and adults together. Go to Eventbrite.com to register and to see the current month's crafts, visit Columbus Recreation and Parks' website for the full schedule through Fall or give a call to the Shop.

August 2018

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Newsletter Editor: Wendy Frantz 645-7427

Dance

Gillie Dance

Line Dance	<i>Beginners</i>	<i>Tuesdays</i>	<i>1 pm</i>
	<i>Advanced</i>	<i>Tuesdays</i>	<i>2 pm</i>
	<i>Intermediates</i>	<i>Fridays</i>	<i>10:30 am</i>

Move & Groove *Mondays 7:30 pm*

Tap Dance:

Advanced *Wednesdays 10 am*

Beginning *Wednesdays 10:50 am*

Ballet Class *Wednesdays 5 pm*

Gillie Wednesday Evening Dance Information

6:30 – 9 pm Admission: \$5

Come early for line a line dance session: 6:30-7 pm.

The DJ begins spinning a variety of dance music at

6:30 pm. Refreshments served, dancing until 9 pm.

Weekly Themes:

August 1 Birthdays and Anniversaries

*August 8 National Friendship Day
(Bring a Friend for free)*

August 15 Ice Cream Social

August 22 Beach Party

August 29 No Dance

Marion Franklin

Line Dance (Intermediate)

Mondays, Wednesdays and Fridays 10-11 am

Beginners Wednesdays 11 am

Men's Tuesdays and Thursdays 1 pm

Line Dance Workout *Tuesday and Thursday 10 am*

Men In Black Rehearsal

Tuesdays and Thursdays 2 pm

Evening Line Dance

*Beginners Tuesdays and Thursdays 5:30-6:30 pm
\$20 per person, per session*

Urban Ballroom Dancing

Tuesdays 7-8:30 pm \$25 per person, per session

Zumba

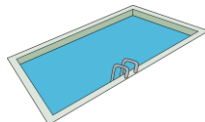
Wednesdays 6-7 pm \$25 per person, per session

50+ Water Exercise

Summer water aerobics:

Mondays – Thursdays 10 am

Columbus Aquatic Center
1160 Hunter Ave. 43201



\$2 per visit or \$20 for a summer pass; purchase pass from instructor at the pool.

For more information, call 645-3129.

Red Hats

Gillie's Fillies Red Hatters: *Mark your calendars!*

Lunch at Ann & Tony's

Tuesday, August 14 11:30 am

211 E. Main St. West Jefferson, OH 43162

Trips

Dodge

645-8151

25th Annual Quilt Show

Circleville Goodtime Quilters

Friday, August 3 9 am Cost \$11

\$5 (transportation only) due at registration; bring an additional \$6 to pay at the door for admission to the event

Join us as we will be heading to Ohio Christian University to check out some beautiful quilts. Bring and additional money if you plan on shopping at the show and for lunch afterwards.

Gillie

645-3106

Gillie Trip Policy for 2018: Please call 645-3106.

Clipper's Baseball Game

Wednesday, August 15

Mystery Lunch

Friday, August 17 9:30 am Cost \$7

Registration begins Friday, August 3.

Gillie Center History Tours Present:

Agriculture in Ohio

Wednesday, August 22 9:30 am-4 pm Cost \$10

The Great Farm Market Tour – Join us as we travel to HTH Farm Market, Jacquemin Farm Market and Yantzy's Farm market. Lunch will be on our own at Der Dutchman. **Registration begins August 8.**

Chocolates, Cheese and Wine Tour

Tuesday, August 21 Cost \$135

Includes: motor coach transportation, tours & lunch. We will take a backroads tour to hear the stories and traditions of the Amish including visiting **Lehman's General Store** where the Amish go when they need houseware items, classic toys and old-fashioned candy. We will have **lunch in an Amish home** and visit **Walnut Creek Cheese** for bulk foods, spices, jams and jellies; **Coblentz Chocolates** for gourmet chocolates and a large assortment of candies and **Broadrun Cheese & Swiss Heritage Winery** for a wonderful variety of cheese and wines.

Registration begins Tuesday, July 3.

Trips

Gillie (continued)

645-3612

Broadway Babies: Salute to the Everly Brothers *Thursday, August 31 4 pm Cost \$53*

If you enjoy the sounds of the Everly Brothers this is the show for you. Zned Brothers use their acoustic guitars to salute this iconic group. Before the show, we will enjoy a wonderful buffet dinner.

Registration begins Friday, August 3rd.

Visit to the Wilds

Friday, September 14 3:30 pm Cost \$85

Enjoy watching exotic animals on the open range. We will tour the Wilds in an open air vehicle at sunset. We will also visit the Carnivore Center for an up close experience with the animals. Dinner will be at the Over Look Café. **Sign up Friday, August 17.**

Ghosts, Vegas Legends and Trains

Saturday-Sunday, September 15-16

Motor coach, lunch, tours, one night of rooms, breakfast at the hotel and baggage handling

Tour the **Trans Alleghany Lunatic Asylum**, formerly the Weston State Hospital of West Virginia which served as a sanctuary for the mentally ill in the mid-1800's. The history of the building holds fascinating stories of Civil War raids, a gold robbery, and the "curative" effects of its beautiful architecture. Ride aboard the **Tygert Flyer**; this vintage diesel-powered passenger train is known as one of the most relaxing mountain excursions in West Virginia. Enjoy a four-hour trip aboard a very comfortable, climate-controlled train featuring two separate mountain grades, an S curve tunnel, passage into a 1500 feet deep canyon and a high bridge over the meandering Shavers Fork of the Cheat River. **West Virginia's Jackson Mill**

Farmstead Tour and Vegas Legends at the American Mountain Theater, this show captures the excitement and energy of Las Vegas, while featuring the sweet refrains of yesterday's and today's legendary musicians like Elvis Presley, Wayne Newton, Tom Jones, Celine Dion, Donny & Marie, Garth Brooks and more. **\$428 per person (double occupancy), \$504 (single occupancy). Sign up now!**

Marion Franklin

645-3612

Breakfast and Movie

Tuesday, August 14 9 am

Cost \$5 (Transportation Only)

We will leave the center and head to breakfast then head to the movies. The movie we see will be determined a week prior, based on showings and times. Please register at the front desk.

Marion Franklin (Continued)

645-3612

Put-In-Bay (Rescheduled)

Friday, September 7

Bus leaves at 8 am (please arrive at center by 7:45 am) and returns @ 5 pm Cost \$115

The cost includes transportation to and from Put-In-Bay, tickets on Miller's Ferry to and from Island, all inclusive train tour of the island, which includes lunch (\$16 meal voucher). A private tour train with experienced guide will meet our group when we arrive on South Bass Island. The driver will give our group a narrated historical island tour with photo opportunities at South Bass Island Lighthouse and Perry's International Peace Memorial. The driver will stay with our group all day and will provide our group with door-to-door service to all of the attractions. Attractions included are Perry's Monument Visitors Center,



Antique Car Museum, Butterfly House, Put-In-Bay Winery and Dollar Museum of Island Life. You will receive a \$12.00 lunch voucher good for **TIPPER'S BUFFET:** Savor the Private

Buffet with two main entrees which could be beef, chicken, fish, or pork. Tippers's offers something for everyone! The main entrées are complemented beautifully by side dishes of pasta, potatoes, and vegetables, Tipper's famous salad bar, dessert and non-alcoholic beverage. Savor all the choices on Tipper's plentiful buffet in an air conditioned, nautical atmosphere.

Martin Janis

645-5954

Dan Emmett Music and Arts Festival

Thursday, August 9 11 am

Cost: \$10 for transport, lunch on your own

Music, crafts, cars, competitions, shows, historical tours, and family fun abound at the Dan Emmett Music and Arts Festival in Mt. Vernon. Held to celebrate the legacy of Daniel Decatur Emmett, author of such songs as "Dixie" and "Turkey in the Straw," the Dan Emmett Music and Arts Festival showcases artists and musicians performing such styles as bluegrass, country, folk, oldies, rock-n-roll, Christian and big band. The festival's trademark is its outstanding music and entertainment format and an artisan and handmade crafts exhibition.

Trips

Martin Janis (continued)

645-5954

Bucyrus Bratwurst Festival

Thursday, August 16 11 am

Cost: \$10 for transport, Lunch on your own

This festival packs in tons of family-fun and more than 27 tons of the finest sausage cooking over open pits. The festival celebrates this small Ohio town's German heritage with more than just bratwurst. There are parades, contests, auction and the FOOD – local family recipes that have been handed down from generation to generation dating back to “the old country.” There is also plenty of FREE live entertainment.

LaComedia's Driving Miss Daisy

Thursday, August 23 9 am

Cost: \$60 Includes transportation and dinner

Winner of the 1988 Pulitzer Prize and the Outer Critics Circle Award for Best Off-Broadway Play, Driving Miss Daisy highlights the unlikely relationship between an aging, crotchety white Southern lady, and a proud, soft-spoken black man. Having recently demolished another car, Daisy Werthan, a rich, sharp-tongued Jewish widow, must rely on the services of a chauffeur. In a series of absorbing scenes spanning from 1948-1973, the two become close, finding steady comfort and support in each other in a humorous and beautiful journey of friendship. Come and experience this heartwarming play and enjoy dinner as well!

Whetstone

645-3217

Note: Any participant signing up for Whetstone trips must present payment at the time of registration.

ALL ARE WELCOME ON THIS TRIP!

Wednesday, August 9 10:30 am

The Red Hats/Cruising Cougars will be heading out west to get their thrift on. The annual junking trip will take place. Lunch will be voted on. ***Please let Mike know you will be attending.***

Hikes with Mike

No August trip

Mike's Taste of Italia

Wednesday, August 29 10:30 am

DON'T MISS THIS TRIP! We will be heading to Iaconos in Powell. This is one of the **BEST TRIPS OF THE YEAR**. Spots are limited to first 12. ***Please call Mike to RSVP.***



COAAA Central Ohio Area Agency on Aging
3776 S. High St., 43207 614-645-7250

Get a leg up on Fall Prevention Awareness Day in September!

Unintentional falls among older adults are a leading cause of fatal and nonfatal injury. Each week in Ohio, there are 1,563 emergency department visits among residents ages 65 and older, 374 hospitalizations, **and 22 deaths due to fall injuries**. Hospital costs associated with injuries sustained by falls account for a substantial share of healthcare dollars spent on injury-related care.

The good news is that many falls are preventable. It's essential to be physically active year round, whether that's a formal exercise program, water aerobics, a casual daily stroll or 'that good-morning stretch'. You have to keep moving! Join a Walking Club, Walk with a DOC program or a Tai Chi class. Of course physical activity is just one fall prevention strategy. Other important reminders include eliminating clutter, good lighting, grab bars in the bathroom, staying hydrated, and if you're concerned about falls, talking with your doctor to request a balance assessment.

Do your part to gear up for Fall Prevention Awareness Day in September! For more tips and resources to Prevent Falls year-round, visit www.aging.ohio.gov/steady or contact Jane Aciri, jacri@coaaa.org at the Central Ohio Area Agency on Aging to request a Fall Prevention presentation for your group.

Submitted by Jane E. Aciri, LSW COAAA Community Education Program Manager

Barnett Community Center 1184 Barnett Rd., 43227

614-645-3065

Teresa Featherstone, Center Manager

Hours: Monday - Friday 8 am-5 pm

Barnett will be closed Monday, September 3rd for Labor Day.

**Registration for Fall I will begin August 27.
Fall classes will begin Tuesday, September 4.**

**Barnett 50+ Planning Committee
Thursday, September 6 1:30 pm**

Mark your Calendars for our first meeting! All are welcome as we discuss upcoming events and trips. Bring your ideas!!

Free Produce Giveaway

Doors open at 2 pm to sign up, and the giveaway will start at 3 pm.
Bring your ID and bags.



**August 10, 2018
September 14, 2018
October 12, 2018**

****Volunteers are always needed. Contact the center if interested.****

**Lazelle Woods Intergenerational Center
8140 Sancus Blvd., 43081 645-5330**

Anna Marie Brown, Center Manager

Hours: Mon-Fri 8 am- 5 pm

Monday

Zumba 9:30-10:30am \$20

Tuesday

Aiki Ju Jitsu 5:45-7:45pm \$35

Wednesday

Zumba 9:30-10:30am \$20

Yoga 6:30-7:30pm \$35

Thursday

Beginner Hatha Yoga 6-7pm \$50

Fundamentals of Watercolor 6-9pm \$85

Friday

Zumba 9:30-10:30am \$20

Pottery/Ceramics 12-2pm \$25 +
materials fees

Check with center or website for complete listing of classes.

Summer Class Schedule

Stay Young, Stay Fit	Mon, Wed & Fri	9 am
Walking Club	Mon, Wed & Fri	10 am
Beginner Line Dance	Mon & Wed	10:30 am
Cards & Games	Mon & Wed	11:30 am
Pickleball	Mondays	3 pm
	Thursdays	1:30 pm
Rise & Ride	Tuesdays	9 am
Open Basketball	Tues & Thurs	10 am
Basket Weaving	Tuesdays	10 am
Knit & Crochet Club	Wednesdays	1:30 pm
Ceramics	Thursdays	9 am
Senior Weightlifting	Thursdays	11 am
Painting	Fridays	1:30 pm
Chair Fitness	Fridays	11 am

Please register for classes online or at the front desk.

****If there are any 50+ classes or special events you would like to see offered at Barnett, please let us know. We are always looking for new ideas!****

Walk with a Doc

Take steps to a healthier you with Walk with a Doc. Take an hour-long walk led by a Mount Carmel Health Physician. Walkers can come and walk for as little or as

long as they like and enjoy good company, a healthy snack and fun prizes.
Walks are held inside during bad weather.



2018 Walking Dates

8:30 - 9:30 am

Marion Franklin & Woodward Park

Aug 4, 18
Sept 1, 15
Oct 6, 20
Nov 3

Far East & Dodge

Aug 11, 25
Sept 8, 22
Oct 13, 27
Nov 10

Free Fresh Produce

Thursdays, August 9 & 23 3-6 pm

Arrive early to get a number. Bring your own bags

Interested in eating Healthy?

Thursday, August 23

Lisa Gibson will be back again.

This month's topic: **"Savvy Whole grain shopping and power Packed Calcium snacks"**

Dodge Morning Walking Club with Holly

Mondays, Wednesdays & Thursdays 8:15-9 am

The summer weather is here so what better time to join us as we walk along the Scioto mile? We will walk various paths, and if it's raining we will walk around the gym! Bring a friend, get your walking shoes on, and log some steps with new walking challenges each week!

Chair Volleyball

Mondays and Thursdays 1 pm

Come on out and join us for some chair volleyball two times a week. It's great exercise and everyone loves a little competition!

Dodge Chorus

Tuesdays 1 pm

We are always looking for new members so if you would like to sing with our Chorus. Please join us.

Dodge Diet Club

Wednesdays 3 pm

Need some support maintaining, or motivation to start a healthy diet or healthy eating in 2018?

Interested in being on the events planning

committee? Do you have ideas that you would like to share? Would you be interested in helping to plan and coordinate special events at the center? Some of the volunteer opportunities include setting up events, getting supplies for events, (food, bingo prizes and decorations), planning activities (can include entertainment) for the event or being in charge of donations of items for raffles, bingo prizes, etc. Please sign up at the front desk along with what area in which you would like to be responsible. We need a team of enthusiastic and outgoing volunteers to help with these events and those who enjoy working with peers and planning.

Walk with a Doc

Saturdays, August 11 & 25 8:30 am

Classes for Summer

*Walking Club	Mon, Wed & Thurs	8:15 am
Beading	Mondays	9:00 am
Painting	Mondays	10:30 am
You Sew Fine	Mondays	1:30 pm
Quilting	Tuesdays	9:00 am
Chorus	Tuesdays	1:00 pm
Euchre	Tuesdays	12:00 pm
Aerobics w/Margie	Tuesdays	11:30 am
Art Journaling	Tuesdays	1:00 pm
Ceramics	Tues & Fri	1:00 pm
50+ Sewing	Tuesdays	1:30 pm
Clogging	Wednesdays	10:00 am
Service Circle	Wednesdays	9:00 am
Crochet	Wednesdays	1:00 pm
Dodge Diet Club	Wednesdays	3:00 pm
Bingo	Thursdays	11:00 am
Chair Volleyball	Mon & Thurs	1:00 pm
50+ Alterations	Fridays	1:00 pm
Coffee Conversations	Fridays	9 am-12 pm

On some Thursdays, walking club will not meet due to Red hat trip schedule.

Birthday Ice Cream and Friendship

Wednesday, August 8 stop in, ice cream will be served between 1-2 pm You may stay after to catch up with friends if you wish.

If you had a Birthday during the months of **January to August** (which I'm sure many of you have had this year) **Please stop by between 1pm and 2 pm** to celebrate all of our "1st half of 2018 Birthdays" by having some ice cream and chatting with friends, nothing fancy, just two of the best things in the world, Ice cream and friendship, (find out who was born the same month as you and do some catching up!) That's all we really need to have a good time. **Please sign up at the desk along with your birth month and date so we can get a head count, because we'd hate to run out of ice cream!** We will do another one in December for those who will have birthdays during the second half of the year.

NO classes or programming, August 27th through 31st, the Fitness Center and Billiard Rooms will be open. Please enter through the **FRONT DOOR ONLY**.

The Center will be **CLOSED** for Labor Day on September 3rd.

National Friendship Day!

Wednesday, August 8

Have you made a new friend lately?

Gillie Walking Group

Tuesdays 8:30 am

We will meet at Woodward Park tennis courts to begin our walking sessions. Come and join us for some fresh air, good company and exercise!

Veteran's Group

Friday, August 3 1 pm

Calling all members of the Armed forces for a meeting of the brotherhood.

OSU Extension Service with Lisa Gibson

Friday, August 3 9:30 am

Topic: Savvy Whole Grain Shopping and Power packed Calcium Snacks

BINGO *Mondays, August 6 & 20 1 pm*

Senior Recreation Council

Wednesday, August 8 1 pm

All members are welcomed to attend.

Member Showcase: Special Guitar Duet

Thursday, August 9 2 pm

Join us for a special guitar duet with one of our members Helen Warrick and her son as they entertain us with a short musical concert.

Eat Better, Feel Better

Tuesday, August 14 11 am

LifeCare Alliance Dietitian Leonor Button, RD presents: *All about Carbohydrates*

Alzheimer's Association *Tuesday, August 14*

~Support Group *12:30 pm* Everyone is invited.

~Private Consultations *1:30-4 pm* for yourself or a caregiver; by appointment (457-6003).

Columbus Speech & Hearing

Thursday, August 16 10 am-3:30 pm

To schedule an appointment, call 261-5452.

Summer Cook out & Ice Cream Social

Thursday, August 14 11:30 am

Join us for a great cook out and some delightful Ice Cream treats. There will be entertainment and fun starting at **12:15 pm**. **No tickets needed, regular canteen prices apply. Ice Cream (free)**

Senior Living Truth Series:

The Truth on Senior Living Communities

Thursday, August 16 10-11:30 am

Every 3rd Thursday of the month New Directions Realty will present "The Senior Living Truth Empowerment Series", (SLTES) The SLTES provides comprehensive information on a variety of topics of interest to seniors and their families.

Registration deadline: Wednesday, August 15

Please call 614-561-1621 to register.

Senior Services Series:

OSU Extension Office w/ Loretta Sweeney

Tuesday, August 21 10 am

Topic: When Good People Disagree

Gillie Volunteer Luncheon

"We Couldn't Do It Without You!!"

Thursday, August 16 11 am-1 pm

If you have given at least 25 hours to the center over the past year, please RSVP at the front desk by Monday, August 13th. We will be celebrating as a thank you for your service.

Free Fruit

Tuesday, August 21 9:45 am

Join Kristen Miller from Oakleaf Village & The Grove for some fresh fruit.

Birthdays/Anniversaries Party

Thursday, August 23 12:30 pm

If you have a birthday in the months May, June, July or August 2018 come and let's celebrate with Gillie. Everyone is invited for cake, games and prizes.

END OF SUMMER BASH

Saturday, September 29

Cost \$18

Come and celebrate the End of Summer with great food, music and dancing. Michael Rose will be our headliner. Don & Jean Hamilton will lead line dancing and the mixers. Hoggy's will be catering the food. **Early bird tickets are \$15, buy a table (6 people) and get VIP treatment.**

Fall 1 Session Registration: August 27-31 (No Classes)
The Center will be closed: September 3 (Labor Day)
Fall 1 Session: September 4-October 19

August is Cataract Awareness Month

In honor of "Cataract Awareness Month," taking place in August, EyeCare America encourages people to call the EyeCare America Seniors EyeCare Program. This year-round program offers eye exams and care to seniors who are without an ophthalmologist (a medical eye doctor). To see if you, a loved one or a friend, 65 and older, is eligible to receive a referral for an eye exam and care, call 1-800-222-EYES (3937). The EyeCare America help line operates all day, every day, year-round.

Marion Franklin Dining Center

Lunch: Tuesday-Thursday 11 am-1 pm

LifeCare Alliance...Nourishing the Human Spirit

Aches and Pains Health Talk

Monday, August 6 11:30 am-Noon

Suffering from Aches, Pains, Stiffness, or Numbness in the Neck, Shoulders, Back, Hips, Elbows, Knees, Feet or Hands? Then come learn about the latest treatment options without drugs or surgery...high success rate! Refreshments provided. Free talk by Dr. Daniel Jirus, DC, BS.

Seating is limited, call 614-428-9310 to register!

Book Club & Social

Wednesday, August 8 1:30 pm

Book: Sing, Unburied Sing **Author:** Jesmyn Ward

Dates and Times are subject to change; please call the center if you plan to attend.

Classic 8 Ball Tournament

Thursday, August 9 4 pm Entry Fee \$1

Whether you're a shark or minnow come join us in on the fun. Tournament is double elimination; call shot, no ball in hand. Winner gets name and photo on wall. Participants can order Papa Joe Pizza's discounted enough to make everyone a winner. Please register at the front desk.

Underground Railroad

Meets 1st & 3rd Monday of the month; 2:30 pm

BINGO

Every 1st and 3rd Tuesday 1-3 pm

Pokeno

Every Wednesday

1-3 pm

Intro to Health Coaching

Call the center for date 11:30-12:30 pm Free

For many, movement can be a matter of life and death. A significant portion of Americans are at risk for deadly, but entirely preventable diseases due to sedentary lifestyles. ACE Certified Health Coach, assists people to adopt healthy, long-term, sustainable behaviors that can change the course of their lives. This short presentation will introduce you to the benefits of a health coach. Please pre-register by August 27th at front desk.

Volunteer Opportunities at MF

***The Pink Project Fundraiser**

National Breast Cancer Awareness Month Fashion Expression

Monday, October 8

Interested in helping with a purpose...then we need you! **We are looking for volunteers** (men & women): Models, hostess, decorators, registration, marketing, etc.... Please call the center or register at the front desk if interested.

***...Because it Matters Fundraiser**

National Sickle Cell Awareness Month Luncheon

Monday, September 24

Volunteers Needed. Please call the center or register at the front desk if interested.

Health & Wellness Information

Barbara Parker, registered nurse is available in the Lifecare Alliance Wellness Center Monday, Tuesday, Thursday and Friday 8am-4:30pm. For an appointment please call 614-437-2927

Arthritis Foundation Exercise Program – Meets every Tuesday & Thursday 10am

Free Hearing Services

Call Rachel at 261-5452 for more information or to schedule an appointment.



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SILVER SNEAKERS: THERE'S A GOOD CHANCE YOU'RE ELIGIBLE!

Did you know 1 out of 5 people, 60 and older are eligible for this fitness benefit? Fitness options are free with your insurance! SilverSneakers allows you to get fit the way you want, at your convenience. With this innovative program you can: use all basic amenities, plus take SilverSneakers classes (amenities and classes vary by location). You can have guidance and assistance from a Program Advisor™. Enjoy fun social activities with people like you!

Quilters

We would like to recognize the "Fair and Square" quilting group who meet at Martin Janis each month. They are working on several community service projects, including mug rugs and holiday stockings to sell for fund raising. Thanks to all!

Heads Up!

The Martin Janis Annual Health Fair is coming! Don't miss this year's fair with presentations highlighting good health. We also plan to offer senior friendly fitness demonstrations and a special heart-healthy lunch! Mark your calendar for September 19 and come by to enjoy this day-long event!

Center-wide Cleaning/Class Scheduling

- August 6th – 17th: Martin Janis will be closed for cleaning. No day or night classes or events will be held during this time. Instructors are encouraged to clean and organize their classrooms.
- Make-up classes will start on August 20th. We will resume regular scheduling August 28 for the fall session. We will have no evening classes during the month of August; they will resume September 7.
- Our cafeteria will be closed August 6th – 17th.

Gregg's Health Corner

High Blood Pressure -According to the Columbus Health Dept., your blood pressure is the force of blood pushing against your blood vessels. Blood pressure that stays too high can put you at risk for heart attack and stroke. High blood pressure is also known as hypertension. Blood pressure is measured by two numbers. The top number is when your heart contracts and is called systolic pressure. The bottom number is when your heart is resting and is called diastolic pressure. Normal numbers are for systolic is less than 120 and for diastolic is less than 80. High blood pressure is 140 or higher for systolic and 90 or higher for diastolic. Numbers in between still put you at risk for health problems. Symptoms of an elevated blood pressure may be: headache, shortness of breath, vision trouble, chest pain, feeling faint, excessive sweating, or nosebleeds. Because there are usually no warning signs, so many people don't realize they have it. That is, it is so important to have your blood pressure checked regularly!

Breakfast for Lunch

September 5

Our very popular "Breakfast for Lunch" will return!



Martin Janis Annual Casino Party!

Thursday, September 27 11:30 am-4:30 pm

Fee \$10 per person

Our Casino Party is one of the biggest events of the year so come on in this year and try your luck; enjoy our lunch buffet, prize auction and games ("Martin Janis Money" provided!)

Also Coming in September!

Annual Picnic & Potluck

Our annual event is free and we welcome everyone to come join in the advent of autumn and also a big 'thank you' to all who helped with the State Fair! Our volunteers are so valuable to us and we could never make this happen without you all! Transportation will be provided to Indian Village and Toni will have some great bingo prizes!

Participants must present payment upon registration for all activities with fees.



Cards and Board Games

Mondays 1:30-3:30 pm; Free; Community Room

Bid Euchre (6, 7 or 8 handed can be played)

Everyone is welcome!

Tuesdays; Noon-3 pm; Free; Community Room

Progressive Bridge

Thursdays; Noon-3:30 pm; Free; Community Room

Progressive Regular Euchre: \$2 per person

Thursdays & Fridays; Noon-3 pm; Dance Room

(Have fun and win grocery prizes!)



Captain's Table

Mondays 11:30 am-1 pm \$5

Come join us on Mondays for the best lunch deal around. The warmer months are here so we alternate between a potato and salad bar. Bring your appetite and \$5; and we'll see you every Monday.

Contact the center with any questions.

Open Pickle Ball

Tuesdays & Thursdays

9:30 am-Noon Beginner

12:30-2:30 pm Intermediate/ Advanced

Wednesdays

6:15-8 pm All Levels

Cost \$10 (Open Sports Pass Needed)

What is Pickle Ball? It's a popular game that looks like a cross between regular tennis and table tennis; and a fun way to get exercise.

International Folk Dancing

Mondays 7-8:45 pm Free



Come and join The Whetstone Folk Dancers for International Folk Dancing! Learn about dances from different countries and you don't even need to bring a partner. It's "No fault folk dancing." Meet in the shelter house in the park.

Contact the center with any questions.

Whetstone 50+ Writers: Memory to Memoirs

This group meets every 1st and 3rd Thursday of the month. ***Contact the center with questions about meeting times.***

Classes

Classes are offered at the Whetstone Community Center for adults of all ages. We offer a wide variety of opportunities for 50+ participants including:

Wii Bowling

Tuesdays 10:30 am-Noon Free

Everyone comes at this time.

The Body Shop Workout

Tues./Thurs. 3:45 pm, 4:45 pm & 5:45 pm \$10 for 1 class pass, \$70 for 10 class pass, \$97.50 for 15 class pass, \$120 for 20 class pass, \$150 for 30 class pass

Poetry & Prose

Thursdays 1-3 pm Free

Woodcarving

Meets every 1st & 3rd Tuesday 6 pm Free

Bring your own supplies.

Wood Chippers

Wednesdays 9 am-Noon Free

Bring your own supplies

Open Walking- Gym

M, T, Th, & F 8:30-9:15am Free

Fearless Falling (Adult Safety Skills)

Fridays 10:30-11:30 am

\$30 for nine-week session

Gentle Yoga

Wednesdays 10-11am or 7:15-8:15pm \$50 each

See Center Class Schedule for complete class listing. **Schedules are available in hardcopy at the front counter** & can also be downloaded from either of our websites at www.columbusrecparks.com or www.whetstonepark.org. Most of our activities are available for registration online. Register online at: <https://apm.activecommunities.com/columbusrecparks>

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Fall 1 Session Registration: August 27-31
Fall 1 Session: September 4-October 19



Centers closed Monday, September 3.